

ACROBÁTICA

TABLA DE DIFICULTAD NACIONAL ACROBÁTICA 2022

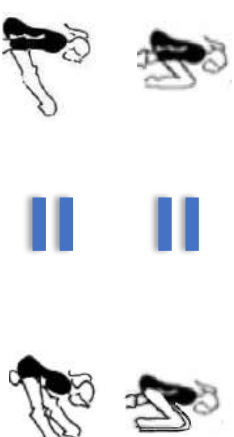
rfeg

real federación española de gimnasia

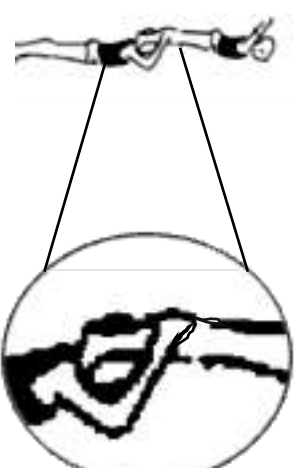


REGLAS GENERALES

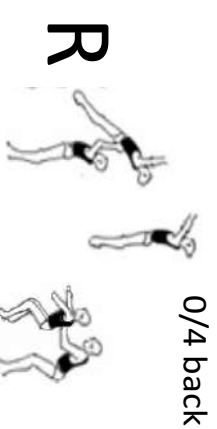
Las siguiente posiciones del ógili pueden usarse indistintamente para un mismo Valor de dificultad.



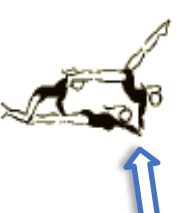
El agarre de piernas del portor al ógili en los elementos realizados con uno o dos pies del ógili sobre los hombros del base se realizarán por detrás de la pierna, como se representa en la figura.



En los elementos precedidos por rondada y en los que se detalla 0/4 back, no es necesario que el ógili rote en la fase de vuelo, a pesar de que en la representación gráfica se muestre una pequeña rotación de casi 1/4 back.



El ógili puede elegir el modo más favorable para sujetar los brazos de la medio.



CÓDIGO 2022 ALEVÍN 7 - 13 AÑOS

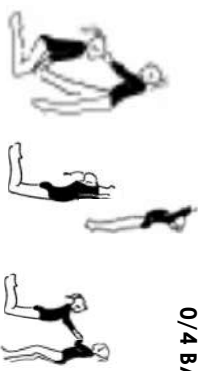
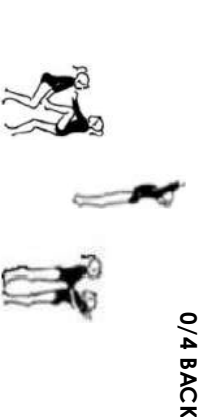
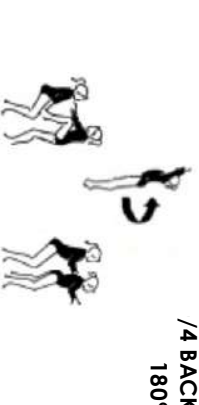
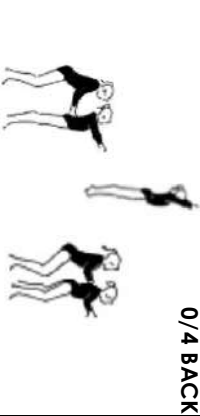
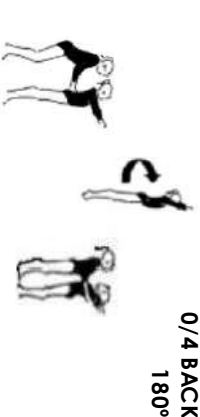
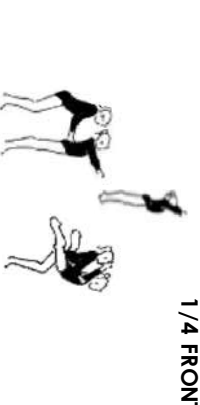
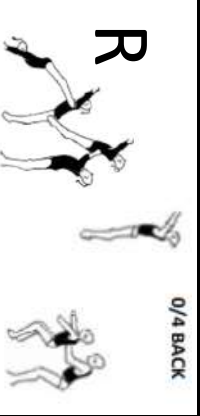
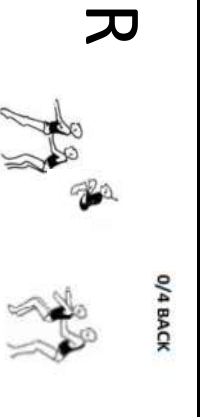
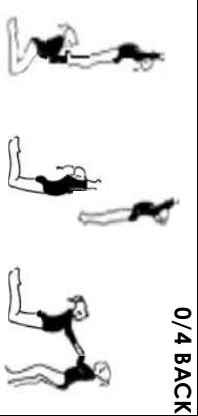
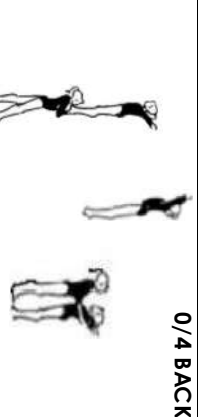
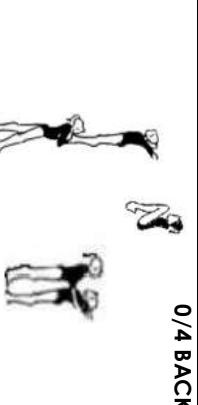
PAREJAS FEMENINAS

ELEMENTOS DE EQUILIBRIO

ALEVÍN	A	B	C	D
ROW I	OR 3''	3''	3'' OR	3'' OR
Valor	0	0,1	0,2	0,3
ROW II	OR 3''	OR 3''	OR 3''	OR 3''
Valor	0	0,1	0,2	0,3
ROW III	OR 3'' Piernas separadas	3'' Piernas juntas	OR 3'' Piernas separadas	3'' Piernas juntas
Valor	0	0,1	0,2	0,3
ROW IV	3''	3''	3''	3''
Valor	0,1	0,2	0,3	0,3

CÓDIGO 2022 ALEVÍN 7 - 13 AÑOS

PAREJAS FEMENINAS

ELEMENTOS DINÁMICOS				
ALEVÍN	A	B	C	D
ROW I		 0/4 BACK	 0/4 BACK	 1/4 BACK 180°
Valor		0,1	0,2	0,3
ROW II		 0/4 BACK	 0/4 BACK 180°	 1/4 FRONT
Valor		0,1	0,2	0,3
ROW III	R	 0/4 BACK	 0/4 BACK	 1/4 BACK
Valor		0,1	0,2	0,3
ROW IV		 0/4 BACK	 0/4 BACK	 0/4 BACK
Valor		0,1	0,2	0,3

CÓDIGO 2022 ALEVÍN 7 - 13 AÑOS

PAREJAS MASCULINAS

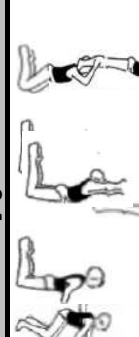
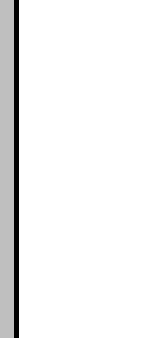
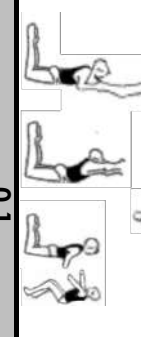
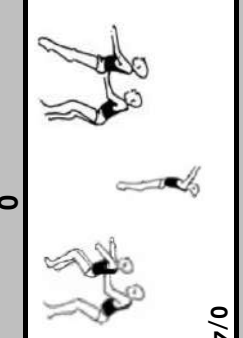
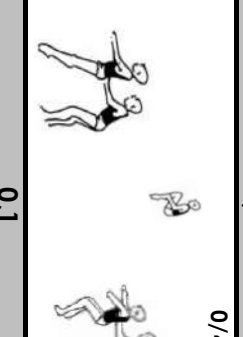
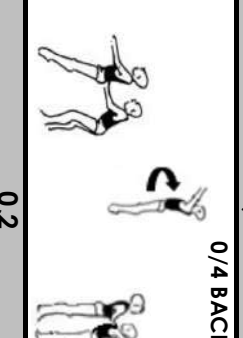
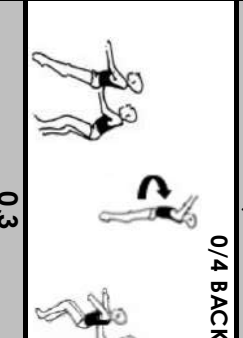
ELEMENTOS DE EQUILIBRIO

ALEVÍN	A	B	C	D
ROW I	3" 	3" 	3" 	3" OR
Valor	0,1	0,1	0,2	0,3
ROW II	3" 	3" 	3" 	3"
Valor		0,1	0,2	0,3
ROW III	3" 	3" Pernas juntas 	SUBIDA PERNAS SEPARADAS 3" Pernas juntas 	SUBIDA PERNAS JUNTAS 3" Pernas juntas
Valor	0	0,1	0,2	0,3
ROW IV	3" 	3" 	3" Porfor sin mcnos 	3"
Valor	0	0,1	0,2	0,3

CÓDIGO 2022 ALEVÍN 7 - 13 AÑOS

PAREJAS MASCULINAS

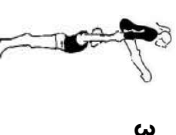
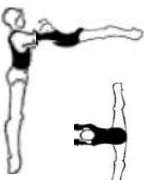
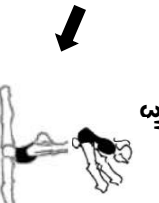
ELEMENTOS DINÁMICOS

ALEVIN	A	B	C	D
ROW I	 0/4 BACK	 0/4 BACK	 0/4 BACK	 0/4 BACK
Valor	0	0,1	0,2	0,3
ROW II	 0/4 FRONT	 0/4 FRONT	 0/4 FRONT	 0/4 FRONT BASE TURNS 180°
Valor		0,1	0,2	0,3
ROW III	 0/4 BACK	 0/4 BACK	 0/4 BACK	 0/4 BACK
Valor		0,1	0,2	0,3
ROW IV	 0/4 BACK	 0/4 BACK	 0/4 BACK - 180°	 0/4 BACK - 360°
Valor	0	0,1	0,2	0,3

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PAREJAS MIXTAS

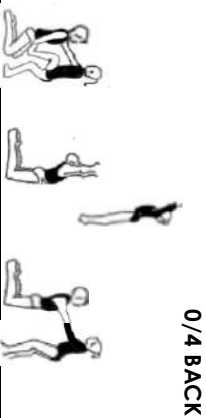
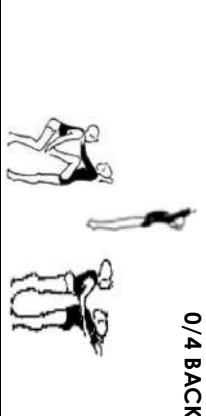
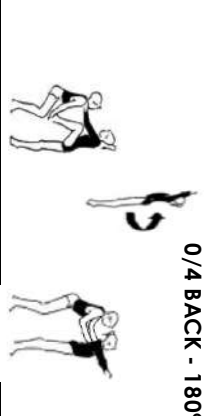
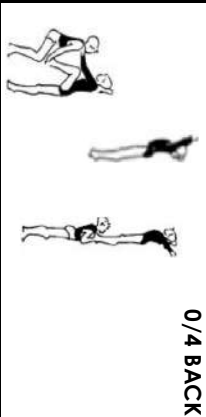
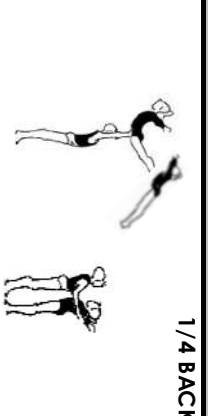
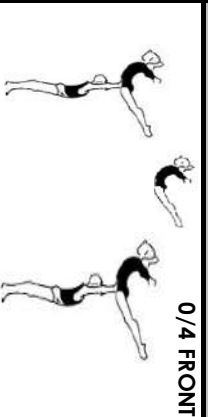
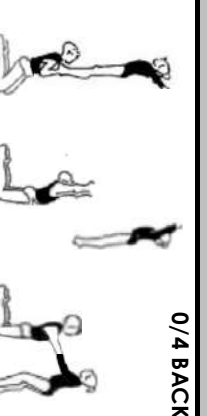
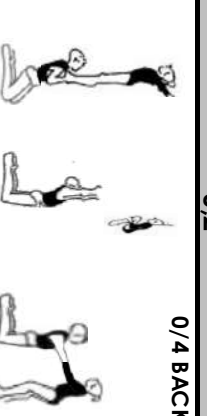
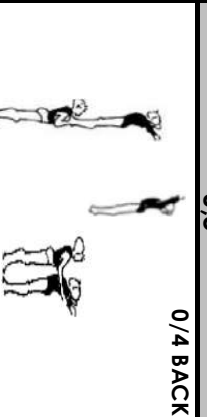
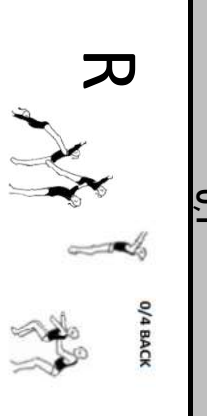
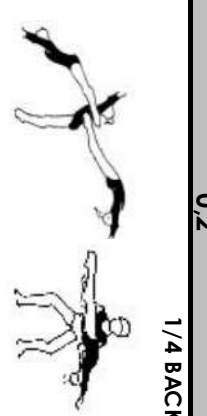
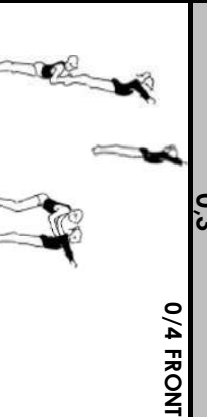
ELEMENTOS DE EQUILIBRIO

ALEVÍN	A	B	C	D
ROW I	 3"	 3"	 3"	 3"
Valor	0	0,1	0,2	0,3
ROW II	 3" OR 	 3" OR 	 3" OR 	 3" OR 
Valor	0	0,1	0,2	0,3
ROW III	 Piernas juntas 3"	 3" Piernas separadas	 3" Piernas juntas	 3" OR 
Valor	0	0,1	0,2	0,3
ROW IV	 3" OR 	 3" OR 	 3" OR 	 3" OR 
Valor	0	0,1	0,2	0,3

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PAREJAS MIXTAS

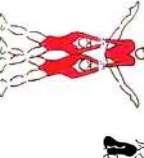
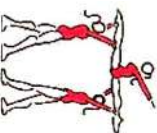
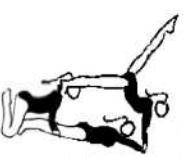
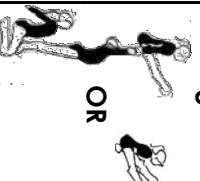
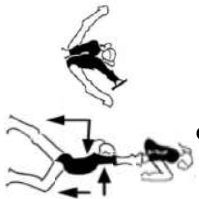
ELEMENTOS DINÁMICOS

ALEVÍN	A	B	C	D
ROW I				
Valor	0	0,1	0,2	0,3
ROW II				
Valor			0,2	0,3
ROW III				
Valor		0,1	0,2	0,3
ROW IV				
Valor		0,1	0,2	0,3

CÓDIGO 2022 ALEVÍN 7 - 13 AÑOS

TRIOS

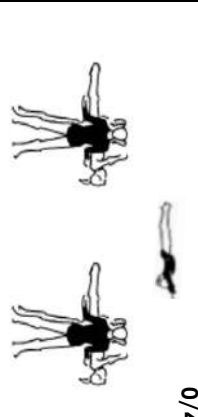
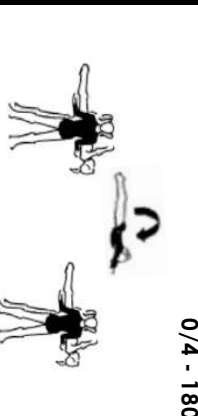
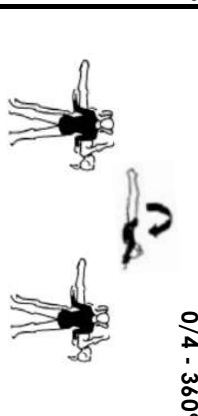
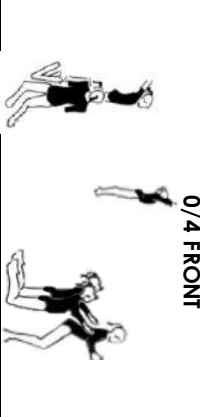
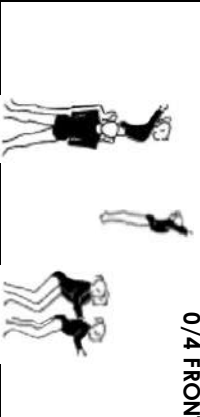
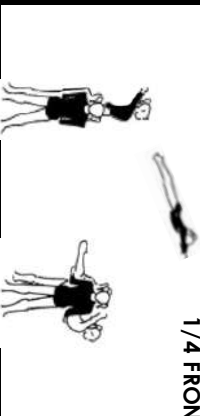
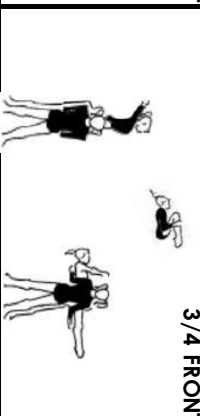
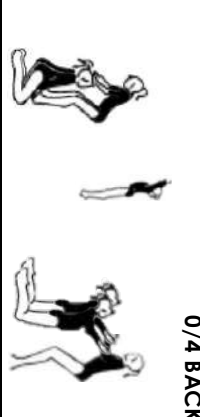
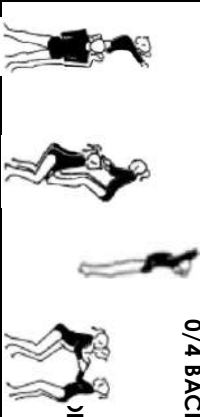
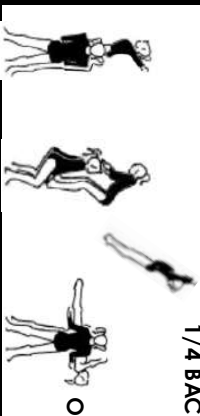
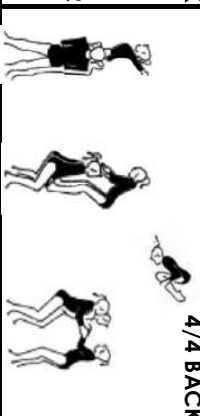
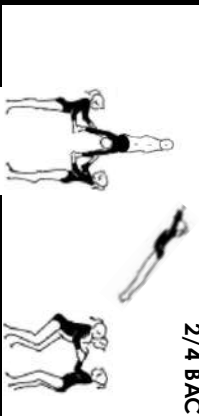
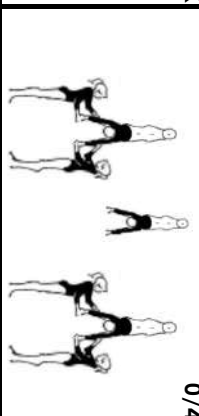
ELEMENTOS DE EQUILIBRIO

ALEVÍN	A	B	C	D
ROW I	 3" AGARRE MANO-CINTURA	 3" AGARRE MANO-CINTURA	 3" OR 	 3" OR  3"
Valor	0	0,1	0,2	0,3
ROW II	 3"	 3"  3"	 3"  3"	 3" OR  3" OR  3"
Valor	0	0,1	0,2	0,3
ROW III	 3"	 3"	 3"	 3"
Valor	0,1	0,1	0,2	0,3

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TRIOS

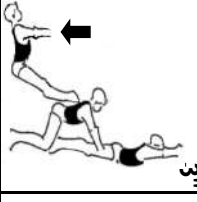
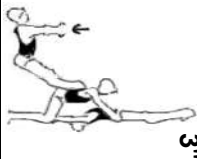
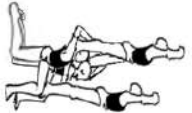
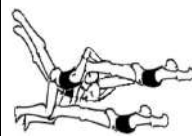
ELEMENTOS DINÁMICO

ALEVÍN	A	B	C	D
ROW I		 0/4	 0/4 - 180°	 0/4 - 360°
Valor		0,1	0,2	0,3
ROW II	 0/4 FRONT	 0/4 FRONT	 1/4 FRONT	 3/4 FRONT
Valor	0	0,1	0,2	0,3
ROW III	 0/4 BACK	 0/4 BACK	 1/4 BACK OR	 4/4 BACK
Valor	0	0,1	0,2	0,3
ROW IV			 2/4 BACK	 0/4
Valor			0,2	0,3

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CUARTETOS

ELEMENTOS DE EQUILIBRIO

ALEVÍN	A	B	C	D
ROW I	 3"	 3"	 3"	 3"
Valor	0	0,1	0,1	0,3
ROW II		 3"	 3"	 3"
Valor		0,1	0,2	0,3
ROW III	 3"	 3"	 3"	 3" OR
Valor	0	0,1	0,1	0,3

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CUARTETOS

ELEMENTOS DINÁMICOS

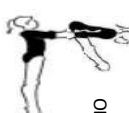
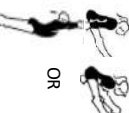
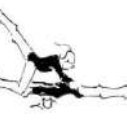
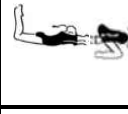
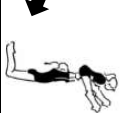
ALEVÍN	A	B	C	D
ROW I		 0/4 BACK	 0/4 BACK	 0/4 BACK
Valor		0,1	0,2	0,3
ROW II		 0/4	 0/4 NO CHANGE	 0/4 NO CHANGE
Valor		0,1	0,2	0,3
ROW III			 1/4 FRONT	 1/4 FRONT
Valor			0,2	0,3
ROW IV		 0/4 BASE NO CHANGES	 0/4 BASE CHANGES	 0/4 - 180° BASE CHANGES
Valor		0,1	0,2	0,3

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INFANTIL 7-14 AÑOS

PAREJAS FEMENINAS

ELEMENTOS DE EQUILIBRIO

INFANTIL	A	B	C	D
ROW I		 3'' OR  3''	 3'' OR  3''	 3''
Valor		0,1	0,2	0,3
ROW II	 3''	 3'' OR  3''	 3''	 3'' OR  3''
Valor	0	0,1	0,2	0,3
ROW III	 3'' piernas juntas	 3'' piernas juntas	 3'' OR  3''	 3'' OR  3''
Valor	0	0,1	0,2	0,3
ROW IV		 3'' OR  3''	 3'' OR  3''	 3'' OR  3''
Valor		0,1	0,2	0,3
ROW V		 3''	 3''	 3''
Valor		0,1	0,2	0,3

CÓDIGO 2022 INFANTIL 7-14 AÑOS PAREJAS FEMENINAS

ELEMENTOS DINÁMICOS

INFANTIL	A	B	C	D
ROW I	 0	 0,1	 0,2	 0,3
Valor	0	0,1	0,2	0,3
ROW II	 0	 0,1	 0,2	 0,3
Valor	0	0,1	0,2	0,3
ROW III	 0	 0,1	 0,2	 0,3
Valor	0	0,1	0,2	0,3
ROW IV	 0	 0,1	 0,2	 0,3
Valor	0	0,1	0,2	0,3

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INFANTIL 7-14 AÑOS

PAREJAS MASCULINAS

ELEMENTOS DE EQUILIBRIO

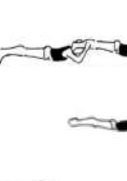
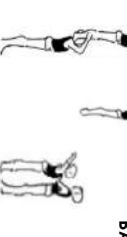
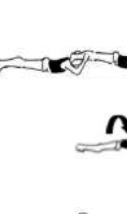
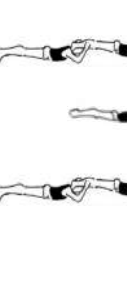
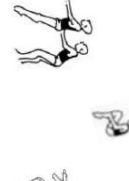
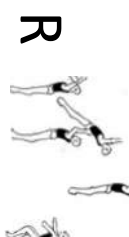
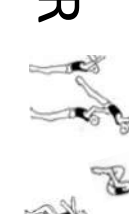
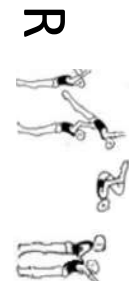
INFANTIL	A	B	C	D
ROW I				
Valor	0	0,1	0,2	0,3
ROW II				
Valor	0	0,1	0,2	0,3
ROW III				
Valor	0	0,1	0,2	0,3
ROW IV				
Valor	0	0,1	0,2	0,3

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INFANTIL 7-14 AÑOS

PAREJAS MASCULINAS

ELEMENTOS DINÁMICOS

INFANTIL	A	B	C	D
	0/4 BACK	0/4 BACK	0/4 BACK	4/4 BACK
ROW I				
Valor	0 0/4 FRONT	0,1 0/4 FRONT BASE TURNS 180°	0,2 0/4 FRONT 180°	0,3 0/4 FRONT
ROW II				
Valor	0 0/4 BACK	0,1 0/4 BACK	0,2 0/4 BACK	0,3 4/4 BACK
ROW III				
Valor	0 0/4 BACK	0,1 0/4 BACK	0,2 0/4 BACK	0,3 4/4 BACK
ROW IV				
Valor	0 0/4 BACK	0,1 0/4 BACK	0,2 0/4 BACK	0,3 4/4 BACK

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INFANTIL 7-14 AÑOS

PAREJAS MIXTAS

ELEMENTOS DE EQUILIBRIO

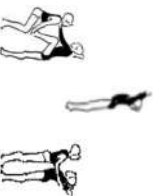
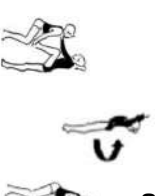
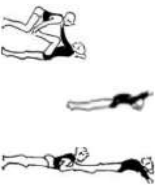
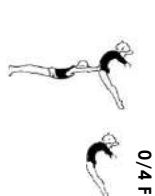
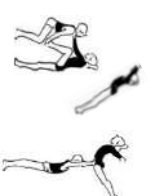
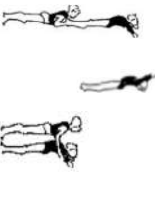
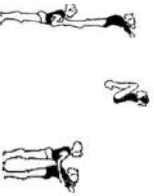
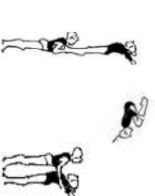
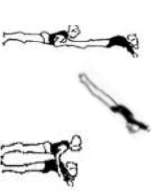
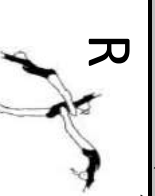
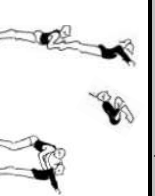
INFANTIL	A	B	C	D
ROW I	3"	3"	3"	3"
Valor	0	0,1	0,2	0,3
ROW II	3" OR 3"	3" OR 3"	3" OR 3"	3"
Valor	0	0,1	0,2	0,3
ROW III	3"	3" OR 3"	3" OR 3"	3"
Valor	0	0,1	0,2	0,3
ROW IV	3"	3"	3"	3"
Valor	0	0,1	0,2	0,3

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INFANTIL 7-14 AÑOS

PAREJAS MIXTAS

ELEMENTOS DINÁMICOS

INFANTIL	A	B	C	D
ROW I		 0/4 BACK	 0/4 BACK - 180°	 0/4 BACK
Valor		0,1	0,2	0,3
ROW II		 1/4 BACK	 0/4 FRONT	 1/4 FRONT
Valor		0,1	0,2	0,3
ROW III	 0/4 BACK	 0/4 BACK	 4/4 BACK	 4/4 BACK
Valor	0	0,1	0,2	0,3
ROW IV		 1/4 BACK	 1/4 BACK - 180°	 4/4 FRONT
Valor		0,1	0,2	0,3

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INFANTIL 7-14 AÑOS

TRIOS FEMENINOS

ELEMENTOS DE EQUILIBRIO

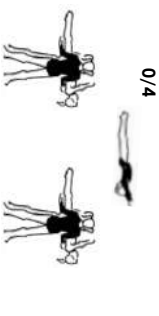
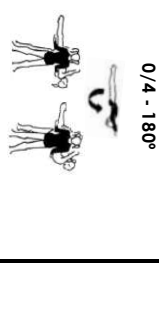
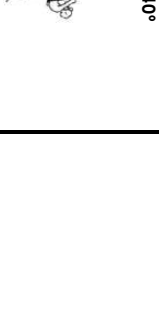
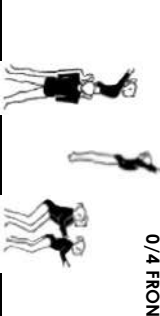
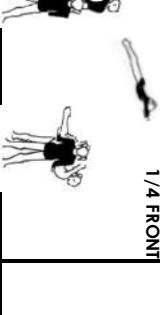
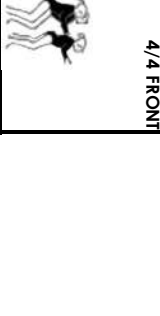
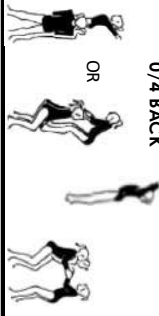
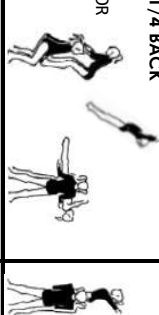
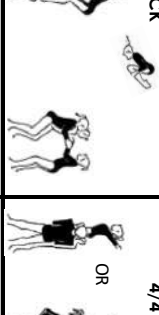
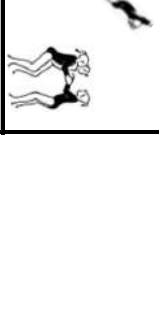
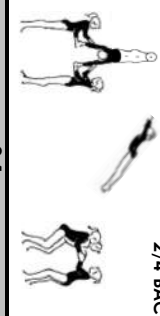
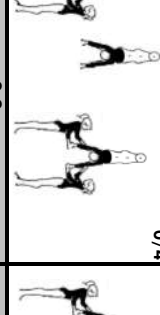
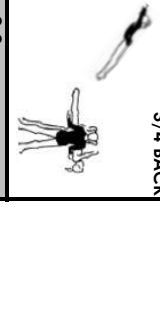
INFANTIL	A	B	C	D
ROW I	3" AGARRE MANO-CINTURA	3" AGARRE MANO- HOMBRO/BRAZO	3" OR	3" OR
Valor	0	0,1	0,2	0,3
ROW II	3" AGARRE MANO-CINTURA	3" AGARRE MANO- HOMBRO/BRAZO	3" OR	3" OR
Valor	0	0,1	0,2	0,3
ROW III		3" AGARRE MANO- HOMBRO/BRAZO	3" OR	3" AGIL CODOS EXTENDIDOS
Valor		0,1	0,2	0,3

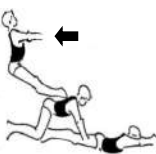
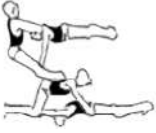
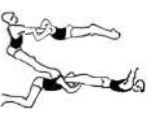
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INFANTIL 7-14 AÑOS

TRIOS FEMENINOS

ELEMENTOS DINÁMICOS

INFANTIL	A	B	C	D
	0/4	0/4 - 180°	0/4 - 360°	0/4 - 540°
ROW I				
Valor	0	0,1	0,2	
ROW II				
Valor		0,1	0,2	0,3
ROW III				
Valor	0	0,1	0,2	
ROW IV				
Valor		0,1	0,2	0,3

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										ELEMENTOS DE EQUILIBRIO																			
INFANTIL			A			B			C			D																	
ROW I			3"			3"			3"			3"			3"														
																													
Valor			0			0,1			0,2			0,3			OR 3"														
ROW II			3"			3"			3"			3"			3"														
																													
Valor			0			0,1			0,2			0,3			0,5														
POSICIONES DEL ÁGIL			3"			3"			3"			3"			3"			3"											
																													
Valor			0			0,1			0,2			0,2			0,3			0,5											

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INFANTIL 7-14 AÑOS

CUARTELOS MASCULINOS

ELEMENTOS DINÁMICOS

INFANTIL	A	B	C	D
ROW I	 0/4 BACK 0	 0/4 BACK 0,1	 0/4 FRONT 180° 0,2	 4/4 BACK 0,3
Valor	0	0,1	0,2	0,3
ROW II	 0/4 BACK 0	 0/4 BACK 0,1	 0/4 FRONT 180° 0,2	 4/4 BACK 0,3
Valor	0	0,1	0,2	0,3
ROW III	 0/4 BACK 0	 0/4 BACK 0,1	 0/4 FRONT 180° 0,2	 4/4 BACK 0,3
Valor	0	0,1	0,2	0,3
ROW IV	 0/4 BACK 0	 0/4 BACK 0,1	 0/4 FRONT 180° 0,2	 4/4 BACK 0,3
Valor	0	0,1	0,2	0,3